

## ABSTRACT OF THE INVENTION

A waist-twisting machine includes a main base, a rotating unit, an auxiliary base, and a hull unit. The main base has a first post, a fixing base, a power source, a gear unit and two press members. The rotating unit has a disc and a hoop deposited movably in the disc, which is rotated at its original location by two press members rotated by the gear unit driven by the power source. The hoop is moved by the disc in a circle of non-axial center with the disc, provided with numerous massage rollers in its inner surface so that a user entering the hoop may receive twisting action together with massage action synchronously, obtaining the effect of waist twisting and slimming at the same time.

15